

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



1.9
9m 3 + 11
Housekeepers' Chat

Fri., Nov. 4, 1927.

(NOT FOR PUBLICATION)

Subject: "Dinners for Children"

ANNOUNCEMENT: Today's program is of special interest to those who have children in their care. Information from Bureaus of Chemistry and Home Economics. Bulletins available: "Food for Young Children," "Good Proportions in the Diet," and "Facts for the Junior Homemaker."

---ooOoo---

I found a news note, in the morning mail, which will interest you women who are sending lunches to school this winter. This article comes from the agricultural college at Lincoln, Nebraska. It is entitled "Ice Cold Sandwiches." "Shall I read it?"

"Ice cold sandwiches, of the ice cream variety, may be fine, in July and August, but regulation sandwiches, that come out of a school boy's lunch pail ice cold this winter, will not make him thrive physically, nor will they keep him in any mood to study, and enjoy his schooling. The school that is getting ready now, to have a hot lunch club, a little later in the fall, will take care of the ice cold sandwich problem. It is estimated that one-third of the rural and urban children, of school age, are in a low condition of health. Poor food habits are the reason, in nine cases out of ten, for dullness in the school room, lack of pep on the playground, and misbehavior in both places. No one thing will do more to correct these troubles, than a good, warm dish of food, eaten with the usual lunch at noon."

That is all of the article. It interested me particularly because we discussed school lunches, recently.

The rest of today's "Chat" is comprised of questions and answers, two good dinner menus, and a recipe. You might be sharpening your pencils, for the recipe, while I answer the questions.

Question Number One: "What foods would you suggest for anemic children?" Egg yolk, unusually rich in iron, is very valuable in cases of anemia. Other valuable sources of iron are prunes, raisins, orange juice, and green vegetables, especially spinach. Liver has been shown to be especially suitable for an anemic condition.

Second question: "Does milk contain minerals?" It certainly does. It contains the one mineral in which American diets seem to be rather low. That mineral is calcium. Calcium is one of the chief constituents of bones and teeth.

Third question: "What would you do with a child who refuses to drink milk, unless he is bribed to drink it?" A difficult question. Not knowing the child, I cannot say what course I would pursue. First, I would find out why he refuses to drink milk. Perhaps he is following the example set by some other member of

R-H.C. --- 11/4/27

the family, who doesn't like milk. Maybe he hears so much about the subject, that he refuses the milk, on general principles. Most food refusals and dislikes are based on psychological upsets. They are in no way connected with the child's inability to take, or to like, a definite food, under the right conditions.

Sometimes a liking for milk may be built up, if the milk is prepared and served in various forms. Most all children like "surprise" desserts. You might start in with an old-fashioned rice pudding, which is chiefly milk. It is easy to disguise milk, by serving it in puddings, custards, or dilute cocoa; by cooking it with cereals; and by making vegetable-milk soups, and creamed dishes. Plain milk, sipped through a "drug store straw," appeals to very young children. Some youngsters object to the odor of milk. The straw prevents their getting the odor. Whatever method you use, the secret of success in persuading children to eat foods they claim to dislike, is very little talk. As all wise mothers know, too much talk about what a child should eat, and how fast he should eat it, is bad policy, and poor psychology.

Fourth question: "What kind of shoes are best for babies?" A baby does not need shoes, until walking time. Even though his fond aunts and uncles have sent him beautiful pink shoes, and adorable blue ones, don't let the baby wear them. Let him go without shoes, until walking time, and don't be in a hurry to put shoes on him, even after he begins to walk. Of course, I don't recommend that he go barefooted until he grows up, like the young man who lived in a certain mountain district. One day Jake disappeared. He didn't even show up, for dinner. "I know what's happened," said his old father. "Jake is hiding out in the mountains. He's twenty-one today, and we wuz a-going to ketch him, and put shoes on him."

The Bureau of Chemistry has made a study of shoes. Specialists in this Bureau say that a child's first walking shoes should have flexible but firm soles, unpolished, preferably slightly buffed, and broad enough to be a steady platform under each foot. Don't get soft-soled moccasins, or shoes with very soft soles. Soft soles curl up, and make it difficult for a baby to keep his balance. Of course you should avoid soles which are stiff, or board-like. Look out for the toes, too. They should be full, or puffy, not so flat that the leather pulls straight back from the end of the sole, and cramps the baby's toes. A young foot and its bones are easily twisted, and bent out of shape, by shoes that do not fit.

The soles for women's walking shoes ought to be fairly thick. Thin soles make walking on rough surfaces, a very painful process. Cobblestones, for instance. Did you ever have to walk on rough cobblestones? They are responsible for a good many bruised and calloused feet. Thicker shoe soles offer protection against injury from sharp, uneven surfaces, and also against water and slush. They last longer, too -- easier on the family budget.

Recently, I have noticed many very young girls, 12 and 14-year-olds, wearing extremely high French heels. I wonder if they know that they are in a period of serious internal adjustment, and that high heels throw the body entirely out of the correct posture.

R-H.C. ---- 11/4/27

Now I'll give you two well-balanced dinner suggestions for children. Just as good for grown-ups, as for children. Before I give you the menus, let's repeat the list of six different kinds of foods, which should be included in a child's daily diet: Milk, eggs, vegetables, fruit, whole-grain cereals, or potatoes, and butter or cream. I know that list so well I can repeat it backwards, forwards, and upside down. In fact, I believe I could put it in verse, if I tried. Let's see:

Milk, and eggs, and vegetables;
Fruit (fresh fruit is best, they say);
Whole-grain cereals, or potatoes;
Cream or butter, every day.

How's that, for a poem? The poor thing^l limps, if you don't say it just right, but it has a wonderfully good rhyme.

To return to the dinner menus, for children, here is the first one: Creamed Eggs; Baked Potatoes; Greens, whatever kind available; and Deep Dish Apple Pie. Deep Dish Apple Pie, as you may remember, is made in a deep dish, with no under crust. The upper crust is made of biscuit dough, instead of rich pastry. Little individual pies can be made, in custard cups, or ramekins.

Let's repeat this menu: Creamed Eggs; Baked Potato; Greens; and Deep Dish Apple Pie.

Here's the second menu: Salmon and Potato Cakes; Peas; Cold Slaw; and Prune Whip. I'll broadcast the recipe for Prune Whip, for those who do not yet have a copy of the Radio Cookbook.

Six ingredients, for Prune Whip:

1/2 pound prunes	1/4 teaspoon salt
1 cup water	1 tablespoon lemon juice or more
1/2 cup sugar	5 egg whites

You should have six ingredients. I'll repeat them: (Repeat)

Wash the prunes, through several waters, until thoroughly clean. Place in a bowl with the water, to soak overnight. In the morning, cook the prunes in the water in which they have soaked, for 15 minutes, or until tender. Press through a colander. Measure the pulp and juice. There should be one cupful. Place the pulp with the sugar, over the heat, and stir until the sugar is dissolved. Cool. Whip the whites of the eggs, until very light. Add the salt, and the prune pulp, in small quantities until all of it has been mixed with the whites of eggs, whipping always in the same way. Pile the mixture lightly in a greased baking dish surrounded by water, and place in the oven. Bake at a temperature, from 250° to 275° F. for 50 to 60 minutes. When baked at this low temperature, for this length of time, the pudding should not fall after cooling. Serve with custard sauce, made from the yolks of the eggs.

Let's repeat this menu now: Salmon and Potato Cakes; Peas; Cold Slaw; and Prune Whip.

This is "thirty" for today, and I'll see you again Monday morning.

